



Spring Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	Oatmeal Squares* (WGR) Peaches Yogurt Milk	Get Up & Go French Toast (WGR) Strawberry Bursts Milk	Sweet Corn Quesadilla* Apples Milk	Southwest Breakfast Wrap* Strawberries Milk	Blueberry Pancakes* (WGR) Hard Boiled Egg Milk
Lunch					
	Pasta with Turkey Tomato Sauce* Sugar Snap Peas Grapes Milk	Melty Tomato-Cheese Sandwich* (WGR) Peas Bananas Milk	Quick Moroccan Chicken* Whole Grain Couscous (WGR) Honey Glazed Carrots* Spinach Salad Milk	Ham & Cheese Roll-Ups* (WGR) Celery Cucumber Slices Milk	Mediterranean Quinoa* (WGR) Broccoli Crowns Cantaloupe Milk
Snack					
	Garden Basil Triangles* (WGR)	Butternut Squash Cornbread Muffin* Blueberries	Peaches Milk	Spiced Chickpeas* Milk	Creamy Fruit Dip* Apples



*Twist & Sprout Original Recipe

(WGR) = Whole Grain-Rich

Helpful Preparation Tips in Twist & Sprout Video Series "Save Time and Money in the Kitchen"



Spring Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	Hammy Scrambled Eggs* Whole Wheat Toast Grapes Milk	Apple Z Muffins* (WGR) Orange Wedges Milk	Pretty Parfait* (WGR) 🍴 Milk	Breakfast Sandwich* (WGR) Apple Fans Milk	Sweetheart Pancakes* Strawberry Compote Milk
Lunch					
	Toasty Cheesy Beans* (WGR) Sauteed Parsnips* Mandarin Oranges Milk	Creamy Carrot Soup* 🍴 Whole Grain Crackers (WGR) Cheese Blueberries Milk	Tasty Tacos (WGR) Corn Grapes Milk	Teriyaki Turkey Burger Whole Wheat Bun (WGR) Baked Beans Peaches Milk	Chicken Stir-Fry 🍴 Savory Brown Rice (WGR) Celery Peppy Pineapple Milk
Snack					
	Graham Crackers Apple Fans	Banana-Strawberry Hats Milk	Red Pepper Strips Black Bean Dip	Parmesan Zucchini Crisps Milk	String Cheese Broccoli Trees 🍴



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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	Green Egg Popper* Whole Wheat Toast (WGR) Peaches Milk	Breakfast Frushi* Milk	Berry Nice Oatmeal* (WGR) Milk	Good Morning Sunshine* (WGR) Milk	Easy Blueberry Crepes* (WGR) Milk
Lunch					
	Black Bean Taco Salad* Whole Grain Corn Chips (WGR) Grapes Milk	Cheesy Chicken Pizza* (WGR) Green Beans Apple Slices Milk	Broccoli Beef Bowl* Brown Rice (WGR) Mandarin Oranges Milk	Crazy Quinoa* (WGR) Corn Strawberries Milk	Spicy Shredded Beef* Whole Wheat Roll (WGR) Peas Cantaloupe Milk
Snack					
	Creamy Zucchini Crackers* (WGR) Milk	Strawberry-Kiwi Salsa Whole Wheat Tortilla Crisps (WGR)	Yummy Yams* Milk	Toast Triangles (WGR) Vegetable Sticks Edamame Dip*	Cinnamon Apples* Cottage Cheese



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Spring Week Four



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
	PBJ Roll-Up* (WGR) Cantaloupe Bites Milk	Banana Bread (WGR) Banana Wheels Milk	Sweet Quinoa* (WGR) Scrambled Eggs Strawberries Milk	Slow Cooker Oatmeal (WGR) Milk	Super Strata* (WGR) Blueberries Milk
Lunch					
	Inside Out Roast Beef Sandwich* (WGR) Summertime Carrots* Peppy Pineapple Milk	Chicken Pizza Puffs* (WGR) Spinach Salad Grapes Milk	Taco-Style Lentils & Rice* (WGR) Peas Mandarin Oranges Milk	Broccoli Cheese Bites* Whole Grain Crackers (WGR) Sugar Snap Peas Cantaloupe Milk	Mighty Spinach Chicken Quesadilla* (WGR) Jicama Sticks Honeydew Drops Milk
Snack					
	Strawberries Milk	Zucchini Chips* Whole Grain Crackers (WGR)	Carrot Fries* Milk	Grapes Whole Grain Crackers (WGR)	Apple Fans Peanutty Yogurt Dip



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